

THE
WIESBADEN HOT SPRING
(KOCHBRUNNEN)

THERMAL WATER, SALTS,
PASTILLES AND SOAP

THEIR USES
AND
THE COMPLAINTS FOR WHICH THEY
ARE INDICATED.

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The Wiesbaden MUNICIPAL SPRING-OFFICE beg leave to draw the attention of the medical profession to their large exports of Thermal Water and products of their springs, and likewise to the fact that all arrangements connected therewith are conducted under the official supervision of the City of Wiesbaden.

In addition to the water itself, the following products of the Spring are obtainable, viz., the Wiesbaden Hot Spring-salts; the Hot Spring-pastilles, the Soap and Goutwater.

The Hot Spring Salt for internal use is obtained by evaporating the Hot Spring water—that medicinal spring to which the City of Wiesbaden owes its world-wide renown. It is a pure spring salt, and far preferable to all others, inasmuch as it is not prepared by crystallisation, a process in which the most valuable properties of the mother-lye are lost. By evaporating the water until a dry salt remains, all the medicinal constituents of the Hot Spring are preserved.

The Hot Spring salt acts as a gentle cathartic, without irritating the gastro-intestinal mucous membrane or the kidneys. It promotes digestion, causes an active secretion of gastric juice and lessens the tenacity of the mucus in the stomach, intestines, bladder and respiratory organs.

The following are the maladies and affections which are cured or relieved by the use of the Hot Spring salt and water.

A small teaspoonful of the salt dissolved in a tumblerful of hot water corresponds exactly with the same quantity of Hot Spring water.

I.—Diseases of the Organs of Respiration, especially Acute and Chronic Catarrh of the Throat, Larynx or Bronchial Tube.

In all affections belonging to this class the Hot Spring salt or water may not only be [taken in small and repeated doses, but may be used as a gargle and also for inhalation.

The decided manner in which the Hot Spring water acts in all cases of pulmonary catarrh renders it a most excellent remedy for

Consumption.

The catarrh which accompanies this disease is greatly relieved by the use of the water: various auxiliaries to medical treatment must of course be employed at the same time. The curative powers of the water are shown by its effects on cough and catarrh, as well as by its favourable influence upon the process of digestion. Under its use, not only in the warm season but even in winter consumptive patients often improve in health and gain weight in a very remarkable manner.

II.—Disorders of Digestion.

The Hot Spring water produces the happiest and most decided effects in various disordered states of the Organs of Digestion; Catarrh of the stomach is perhaps the most important of these affections. Persons suffering from this malady, either in the acute or chronic form, experience the most satisfactory results from the use of the Hot Spring water. Even the most acute though transitory form of gastric catarrh, viz., that arising from an excessive use of alcoholic liquors, is successfully treated with Hot Spring water. It is also a most excellent remedy for subacute

and chronic catarrh in every stage; and in fact for every kind of gastric catarrh, whether primary or accompanying other disorders of the stomach or other organs. The Hot Spring water contains no irritating constituents, and may therefore be taken by the most sensitive stomach; whatever the nature of the catarrh, it never produces any unfavourable symptoms which forbid its use. On the other hand, nausea, sickness and flatulency form no contraindications, but are speedily removed by the use of Hot Spring water.

Gastric catarrh is characterised by excessive formation of mucus, which acts as a ferment and causes decomposition of starchy substances taken as food; the results are nausea, flatulency and occasional vomiting of liquid materials. The Hot Spring relieves and cures this condition by lessening the tenacity of the gastric mucus, and by favourably influencing the digestion of starchy matters. A further and a most important result is the increased supply of nourishment to the body, as a consequence of the improved digestion; and this, in turn, is followed by restoration of strength.

It must be borne in mind that the sphere of action of the Hot Spring salt is very different from that of the Carlsbad water. The latter contains the carbonate and sulphate of soda, which prevent in great measure the digestion of starchy foods, as well as the absorption of the products of digestion. The ultimate result is a lessening of tissue-formation, but this would be inadmissible for anæmic patients who are weak and delicate, and for those who have become so in consequence of gastric catarrh.

Such patients cannot bear any reduction; on the contrary tissue-formation must be excited by aiding the process of digestion and absorption; those very functions which are specially promoted by the use of the Hot Spring water. In persons therefore, who are naturally weak, or who have become feeble in consequence of some chronic ailment, there need be no hesitation in employing the Hot Spring salt or water. It may, however, be mentioned that a reduction in the weight of the body can also be well effected by means of Hot Spring water, if accompanied by carefully

restricted diet. This loss is caused not by withholding the supply, but by increasing assimilation and promoting the tissue-change throughout the body. It is therefore not attended by any feeling of debility, but by an improvement in the general health.

Careful attention to diet is more urgently demanded in gastric catarrh than in any other affection.

In cases of simple catarrh of the stomach, the same amount of Hot-Spring water should be taken three times a day, during the course of the treatment. The dose is to be regulated according to the age of the patient and the nature of the evacuations. For adults, a teaspoonful of the salt is as a rule sufficient to open the bowels regularly, even after a long period of constipation. If, however, the regular use of the Salt at first fails to relieve the bowels, recourse may be had to enemata, and for this purpose the Hot-Spring water is the most efficacious. If, during the course of treatment, it should become necessary to wash out the stomach, the Hot-Spring water should again be used; its entire freedom from irritating materials, its solvent effect upon mucus and its soothing action upon the disordered mucous membrane render it specially suitable.

III.—Catarrh of the Intestines.

The Hot-Spring water is a valuable remedy for chronic intestinal catarrh, especially when accompanied by diarrhœa. Under its use the digestion is promoted, and the condition of the stomach and intestines is decidedly improved. Hence the various articles of food become less liable to decomposition, and no longer irritate the mucous membrane as they pass over it. The fæces also tend to become less liquid, inasmuch as a larger amount of material is digested and absorbed. Careful regulation of the diet is essential in all these cases.

The Hot Spring Salt yields very good results in chronic catarrh of the large intestine, following acute dysentery; and it is also useful in other sequelæ of that affection. It acts most satisfactorily in the form of enemata, which should be so used thoroughly to wash out the lower bowel.

IV.—Enlargement of the Liver.

The Hot Spring water is an excellent remedy for those forms of enlargement of the liver which are due to congestion, and are frequent results of sedentary habits. Even children at school are liable to this form of enlargement. The symptoms will disappear in 2 or 3 weeks if half-a-teaspoonful of the Hot Spring salt be taken three times a day, all fatty substances be avoided and regular exercise be prescribed. In adults, a somewhat longer course of treatment will be required.

Incipient cirrhosis of the liver is also favourably influenced by the use of the Hot Spring, while Carlsbad has a deleterious action. The treatment must be of an active character; at first, half-a-teaspoonful of the salt should be given three times a day, and gradually increased until a teaspoonful, or a corresponding quantity of water taken three or four times daily.

V.—Enlargement of the Spleen.

Hot Spring water is serviceable in cases of enlargement of the spleen, accompanying cirrhosis of the liver, and also for the similar condition which results from malaria and leukæmia. Full doses of the water are advisable for the first of these forms, but for the second, it is well to begin with small doses and gradually to increase them, on account of the impoverished state of the blood which always accompanies the splenic disorder, resulting from intermittent fever or leukæmia.

VI.—Abdominal Plethora.

Hot Spring water is a very successful remedy for abdominal plethora, a condition which is accompanied by an obstruction to the flow of blood in the abdominal vessels, with exudation and inflammatory symptoms as a result. When this condition exists diarrhœa is not altogether to be dreaded, inasmuch as it relieves the congestion, even if the solid excreta are deficient. The mental state of the patient is generally improved by free purgation.

VII.—Gout.

The Hot Spring water contains a large amount of lithium, and is therefore very beneficial in all cases of gout. It acts very satisfactorily in those patients who have already gone through a course of baths, and for whom the continuance of that treatment seems undesirable. The water may be taken freely, in order to dissolve the uric acid deposited in the tissues, and to promote metamorphosis throughout the system.

VIII.—Obesity or Accumulation of Fat.

An undue tendency to the formation of fat is frequently observed at the present day; it can be very successfully dealt with by means of the Hot Spring water. In persons thus affected, the principal object to be attained is the lessening of the accumulation in the body, and this can be satisfactorily accomplished by a course of the water in full doses, provided that, at the same time, the supply of food be diminished. The more complete metamorphosis of the tissues of the body occasions a loss of weight, but as the supply of material is not seriously lessened, there is no feeling of lassitude, such as is generally experienced after the use of other mineral salt springs, [and various reducing agents. On the contrary, a feeling of increased power and energy results from the more rapid and complete metabolism of the constituents of the body. The diet should, at the same time, be carefully attended to, and starchy articles of food must be taken in very small quantities.

General Remarks on the Use of the Hot Spring Salt or water.

A small teaspoonful of the salt, dissolved in a tumblerful of hot water, is to be taken night and morning, or even three times a day. If the doctor in attendance should deem it advisable a larger quantity may be employed.

During the course of treatment, it is advisable to abstain as much as possible from food containing fat and from highly seasoned articles of diet.

The Wiesbaden Hot Spring Pastilles

contain the active constituents of the water, in a convenient and portable form; they are carefully prepared by evaporation. The salt contained in two pastilles will make a glassful of Hot Spring water. They may, of course, be allowed to dissolve in the mouth in the ordinary way, and they will be found very efficacious in the disorders already mentioned. The pastilles are particularly adapted for bronchial catarrh and irritation and severe hoarseness. Travellers will find them exceedingly useful and convenient.

External Uses of the Wiesbaden Hot Spring Salt.

The Wiesbaden Hot Spring salts dissolved in hot water (a small teaspoonful in a tumblerful) form a very suitable application to various cavities of the body and mucous membranes; they relieve irritation and exercise a decidedly soothing influence.

In NASAL CATARRH, especially when accompanied by ulceration and crusts, the application of Hot Spring water proves very efficacious. It should be used lukewarm in the form of a douch or spray, and in the absence of any convenient instrument, it may be drawn up into the nose from the hollow of the hand, or a basin, or from a sponge saturated with it. It may also be conveniently applied with a glass-syringe.

In CHRONIC CATARRH OF THE MOUTH AND THROAT, rinsing and gargling with Hot Spring water has a very salutary effect upon the mucus membrane.

In CATARRH OF THE LARYNX, TRACHEA OR BRONCHI, the water should be locally applied by the aid of a spray-apparatus, or it may be inhaled in the ordinary manner.

For WASHING OUT THE STOMACH, when required, the Hot Spring water will prove more efficacious than ordinary water.

The Hot Spring water is likewise very suitable for INJECTING INTO THE BLADDER; it is quite free from bacteria and all irritating substances, and is a powerful solvent of mucus.

For VAGINAL INJECTIONS when a non-irritant fluid is required,

the Hot Spring salt will be found very suitable. Its good effects are still more strikingly manifested when it is used for INJECTION INTO THE RECTUM. It acts very well when employed simply to open the bowels; but it is especially adapted for injecting in large quantities, for the purpose of cleansing the rectum and colon. Chronic rectal catarrh, with profuse discharge of mucus and tendency to ulceration will be much benefited by a course of injection with Hot Spring water.

The Wiesbaden Hot Spring Soap.

The Hot Spring Soap contains the medicinal constituents of the water blended with finest toilet materials. It possesses no irritating properties; is perfectly soluble in both hot and cold water; and it leaves the skin soft and pliable.

The Hot Spring Soap is an excellent cosmetic, and an efficacious remedy in many eruptions and other affections of the skin. So far from injuring the complexion, it will greatly tend to preserve it, and to remove any excess of sebaceous secretion which imparts to the skin a greasy appearance, so annoying to ladies.

In cases of gout, rheumatism and neuralgia, the soap will be found to act very satisfactorily. It should be employed freely in warm or lukewarm water; and after drying, the affected part should be rubbed as freely as circumstances will permit.

The Wiesbaden Hot Spring Salt for Baths.

This salt obtained by evaporating the Hot Spring water, displays its curative powers in all those various forms of disease which are included under the general term of „Rheumatic conditions“. In this category all forms of rheumatism and gout occupy a prominent place; it likewise contains nervous disorders, paralysis and cutaneous affections.

In olden times, these Wiesbaden Baths acquired a very marked reputation in various disorders effecting the movements of the limbs, such as result from morbid process in the joints, bones

and soft parts (inflammation, suppuration or new formations) or from wounds and injuries. Hence it has come to pass that after every war, many of the wounded have sought and found in Wiesbaden the recovery they so ardently desired, and these favourable results have repeatedly enhanced the fame already enjoyed by the baths.

Directions for use.

The Wiesbaden Hot Spring Salt is packed for export in hermetically sealed tins, each containing the quantity for a bath. To prepare a bath, the full quantity of a tin is to be dissolved in a full bath of hot water, which is allowed to cool down till the desired temperature is obtained.

The therapeutic merits

of the Wiesbaden natural Hot Spring-Products are acknowledged by the leading medical authorities of the world, and as many as 80.000 cure guests visited this world-renowned Health-Resort in 1885, which has now grown to the number of 200.000 p. a. This is in itself a proof of the appreciation by the physicians and the public. The Wiesbaden Municipality has the entire control of the Springs, its products and its cure-arrangements which are under the immediate direction of its sanitary experts.

MUNICIPAL SPRING-OFFICE, WIESBADEN

The Hot-Spring products are obtainable from all Chemists, Druggists, Mineral Water Dealers and Stores.

*Sole Agents for Great Britain, Ireland,
British Colonies and Possessions:*

HERTZ & CO., Wholesale Manufacturing Chemists and Druggists
9, Mincing Lane. LONDON E. C. 3

